

The Senior Profile

Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717

Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM

Telephone: 508-763-9557 / Fax: 508-763-9084 Email: Freetowncoa@aol.com

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by a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve the seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

Freetown Senior Birthday Party

On Thursday, June 12th at 12:00 PM, we will be having Meat Pie, catered by Cyd's Creative Kitchen, RSVP and \$4.00 due by Thursday, June 5th

Cyd's Luncheons

Tuesday, June 3rd, at 11:30 AM, Chow Mein, RSVP by May 27th, \$5.00 PP

Tuesday, June 17th, at 11:30 AM, Stuffed Cabbage, RSVP by June 10th, \$5.00 PP

Breakfast at the COA!

On Monday June 23rd from 8:30 AM to 9:30 AM, we will be having a breakfast of pancakes, bacon, orange juice and coffee/tea. RSVP: Monday, June 16th-\$4.00 Donation.

The requested donation will help sustain this program monthly.

New Exercise Class!

Robin Roche will be starting a new exercise class on Thursdays from 9:00 AM to 10:00 AM, starting June 12th. It will be a class incorporating all muscle groups from head to toe. The class will progress to standing and adding in some weight. The weight can be as simple as two water bottles. The only equipment needed for this class is water and a towel if you wish.

First class is free! Please RSVP by June 5th.

Each class afterward is \$5.00 per class.

Ice Cream Social

Mondays, 1:00 PM, Come on down for a cold and refreshing snack! All seniors are welcome!



Blood Pressure Clinic

Wednesday, June 25th at 10:30 AM

Compassionate Care Veterans Seminar

On June 11th at 10:00 AM, Edward M. Jones, Veterans Program Liaison, will be here to do a flag service Memorial Day Presentation. Please call the COA for further information. RSVP by June 4th

Freetown Fire and Rescue

The Freetown Fire Department goal is to prevent fires in our community. Studies have found that our senior citizens are at a high risk for injury in the event of a fire. This is primarily due to the lack of mobility especially those with severe physical limitations of medical conditions. A partnership has been formed with the Council on Aging and the Freetown Fire Department to reduce the number of injuries that may occur in the event of a fire. To get the program started, a state funded grant has been awarded to the Freetown Fire Department to assist us in this effort to help out our senior citizens. This campaign will start off by forming the "Beat the Beep" operation.

In this month's Council on Aging newsletter, the fire department will have a questionnaire for any senior citizen to fill out. This application will then be forwarded to the fire department and the applicant will be contacted to set up an appointment to go into the home. In the event a device is in need of a battery it will be replaced. The goal is to make sure our senior citizens have working smoke and carbon monoxide detectors in their homes. This program is designed to create a partnership between the older adults in our community and the Freetown Fire Department through established senior support services such as the Council on Aging. Both agencies look forward to improving the quality of life for our senior citizens.

SHINE

(Serving Health Insurance Needs for the Elderly)

Our SHINE counselor will be here Mondays, June 2nd & 16th from 1:00 PM to 3:00 PM. Please call for an appointment. If you have any questions for SHINE before then, please call their regional Office at 1-800-987-2510

Senator and Representative

Representative Carole Fiola will be here Monday, June 2nd from 9:30 AM to 10:30 AM
Representative Paul Schmid will be here Monday, June 2nd from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Friday, June 27th from 9:00 AM to 10:30 AM

Pool Table

Mondays, at 9:00 AM, the pool room is free most days. Call for availability.

Card Games

Mondays, 1:00 PM to 3:00 PM

Pitch

Mondays, 1:00 PM to 3:00 PM
New players welcome!

BINGO

Tuesdays, from 12:45 PM to 3:00 PM, the license for Bingo requires that you be at least 60 years old to play.

Computer Class

Wednesdays, 9:00 AM to 12:00 PM
3 hour class with a \$10.00 donation
Please call the Senior Center for further information

Painting Class

Wednesdays, 9:00 AM to 11:00 AM

Line Dancing

Wednesdays, at 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

The Freetown Senior Club

On Thursday, June 5th, at 12:00 PM:
Hot dog, Potato chips, soda and
chiropractor Michael Griffin
On Thursday, June 19th, 12:00 PM:
Installation Banquet at COA
Music in Motion

Scrabble

Thursdays at 12:30 PM

PODIATRIST

The Foot Doctor will be here on Monday, July 28th at 9:30 AM and Thursday, August 7th at 10:00 AM. You must call Dr. Markowitz to make an appointment at
1-401-455-3554

Artists Show

Three Freetown artists will be showing their work in the Lakeville Library's Great Ponds Gallery (at 4 Precinct Street, Lakeville) in June. "Book, Art and Blooms II" will feature their artwork, inspired by books, and complemented by floral arrangements created by members of the Lakeville Garden Club.

Artists Betty Ashley, Mary Comeau and Marilyn Robbins, from the Wednesday morning painting class at the Senior Center, will be at the gallery reception on June 5th from 6 to 7:30 PM, and everyone is invited to come see their work. There will be an auction of the live bouquets that night. The show, with photos of the flowers, is on display during regular library hours for the month of June.

Parkinson's Support Group

The next monthly meeting will be on June 12th at 1:00 PM at the Dartmouth Council on Aging, 628 Dartmouth St, So. Dartmouth, MA. Speaker: Dr. Raxvan Jordache, DMD, Topic: Dentistry and its effects on Parkinson's. Please call Judy Medeiros at 508-997-0907 for any questions. Please join us!

Submitted by Judy Medeiros

"Brown Bag" Program

We have new forms from the Greater Boston Food Bank to fill out, please allow a few extra moments to fill out these forms. Thank you.

Pick up day will be Wednesday, June 25th from 10:30 AM to 12:00 PM at the front of the building

"Brown Bag" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older, recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance, and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,723 per month
2 people	\$2,333 per month
3 people	\$2,944 per month
4 people	\$3,554 per month

For questions call 508-763-9557. We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:00 AM

This is a wonderful program for seniors.

USDA CAN HELP REPAIR YOUR HOME **RURAL DEVELOPMENT**

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600	2 \$29,250
3 \$32,900	4 \$36,600

To contact Rural Development please call 508-295-5151, extension 3, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma



VAN SCHEDULE

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

For the safety of you and our van drivers, you must have your driveway and walkway clear.

VAN SCHEDULING

In order to be more efficient with the van, when you call in, please have the exact **name and address** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

YOU ARE REQUIRED BY LAW TO WEAR A SEAT BELT! NO SEAT BELT-NO RIDE

Dan Leblanc, Veteran's Agent

If you need some help, please give me a call at 774-930-4392. My office hours are Monday thru Friday 9:00 AM to 4:00 PM.

OPENINGS FOR SENIOR AIDES

Job training program that helps people over 55 years old receive employment. Participants receive a stipend for 20 hours a week at \$8.00 an hour for their community service, as they search for unsubsidized employment. If you would like to participate please contact the Senior Aide Program at Citizens for Citizens, Inc., 508-679-0041, Ext 217.

Senior Aide Program

- **Brief Program Description:** Senior employment is a training program for elders to be placed back into the work force. Seniors in Bristol County, Norfolk County and Plymouth County are served by this program.
- **Eligibility:** Must be age 55 or older and meet income guidelines.
 - **Documentation Needed:** Proof of income.
 - **Application Process:** Interested parties should contact the Fall River office.
 - **Criteria for Selection:** Those who meet income guidelines will be considered first.



FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717
ADDRESS SERVICE REQUESTED

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PRESORT STD.
US POSTAGE

PAID

PERMIT #PI 112
ROCHESTER, MA 02770

TRIP!

Please call the Council on Aging if you are interested in any of these trips. We have flyers with full information about them.

Joanne Tours, LLC has a tour coming up in 2014:

- 1.) July 14, 2014 Hyannis Cruise & Daniel Webster Inn in Sandwich; Luxury motor coach. One hour Hyannis Harbor cruise aboard Hy-Line Cruise Line, buffet at Daniel Webster Inn, \$79.00 PP, RSVP June 30th
- 2.) October 16, 2014, Oktoberfest at Wright's Mill Farm; Luxury motor coach, horse drawn hayrides, buffet luncheon (call COA for menu), live music, etc. \$69.00 PP (RSVP by October 1st)

STRAWBERRY FESTIVAL

June 14th & 15th located at the "Assonet Village Bandstand" at the intersection of Route 79 and North Main St, Assonet Hours are 11:00 AM to 4:00 PM

Homemade Strawberry Shortcake, hot dogs, lemonade, Arts and Crafts for all ages.

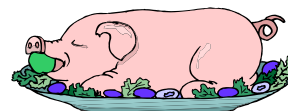
The group Midnight Sun will perform.



DIRECTORS NOTE

Can you guess what kind of vehicle we have acquired for the Senior Center? Yes, a PT Cruiser! We would like to thank Tim Bruno and all the people at Route 44 Toyota who helped make this possible.

The Pork Luncheon was a great success! Thank you Mary Baumgartner for all the work you did.



****GOLD**SILVER**PLATINUM****

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on Tuesday, June 12th from 11:00 AM to 1:00 PM. Anyone can attend. It's a great opportunity to turn your old, broken and unwanted gold, silver or platinum jewelry (in any condition) into cash. A portion of the proceeds will be donated to the senior center. Please call the COA for further information.

If you wish to receive your Senior Profile by e-mail, please send us your e-mail address at Freetowncoa@aol.com.